

# Welcome to Your 3-Day Sample Meal Plans!

Over the course of the next three days, you'll see just how easy (and delicious!) a plant-based diet can be without ever having to ask yourself "What's for dinner?"

You have two different meal plans to choose from: an **individual meal plan** set at 1,200 calories a day (but flexible) and a **family plan**.

Included here is a sample of both plans for you to test drive.

Some members stick to only one plan, while others mix and match recipes from both to meet their unique needs. (Premium membership gets you both plans for the price of one, so there's no need to pick a favorite!)

You also have access to our free [50 & 100 calorie snack lists](#).

## Sample 3-Day Individual Flexi Meal Plan

[www.getmealplans.com](http://www.getmealplans.com)

	Day 1	Day 2	Day 3
Lunch	A	B	
	Pumpkin Chili	Sweet Potato Tacos	<i>Leftover Pumpkin Chili</i>
Dinner	C	D	E
	Caribbean Quinoa Bowl	Hummus & Olive Wraps	Easy Beans & Rice

Breakfast	Z	Y	X
(optional)	Apple Pie Oatmeal	Pumpkin Muffin	Caramel Cream Smoothie

## Sample 3-Day Individual 1,200 Calorie Meal Plan

[www.getmealplans.com](http://www.getmealplans.com)

	Day 1	Day 2	Day 3
Breakfast	Apple Pie Oatmeal	Pumpkin Muffin	Caramel Cream Smoothie
Sides		½ apple, 1 cup strawberries	1 orange, ¼ cup blueberries
Lunch	Pumpkin Chili	Sweet Potato Tacos	<i>Leftover Pumpkin Chili</i>
Sides	crackers		crackers
Dinner	Caribbean Quinoa Bowl	Hummus & Olive Wraps	Easy Beans & Rice
Dessert	¾ cup blueberries	½ banana	1 cup strawberries
Snacks	½ cup applesauce	2 carrots	½ banana

## Individual Shopping List

### Grains & Lentils *(all uncooked)*

Meal #	Ingredient	Amount
E	Brown rice	¼ cup
C	Quinoa	¼ cup
Z	Rollled oats	½ cup

### Tortillas & Bread *(freeze leftovers)*

B	Corn tortillas	2
D	Reg. tortillas	2

### Produce – Fresh

Z	Apple	1
X	Banana	1
A	Garlic	4 cloves
B,E	Green onions	3
B,E	Lime	1
A	Onion (yellow or white)	1 small
B	Sweet potato	1
D,E	Tomatoes	1, 1

### Produce – Greens

C	Kale	5 oz (2 cups)
D	Spring mix	3 oz (3 cups)

### Fresh Herbs

E	Cilantro	optional
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### Produce – Fresh or Frozen

B,E	Corn	2.75 oz (½ cup)
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### Tofu, Milk & Yogurt

Y,X	Unsweetened almond milk	1 cup
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### Canned Goods *(15 oz cans)*

B,C,E	Black beans	1 can
A	Kidney beans	1 can

A,Y	Pure pumpkin	1 can
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#### Other Items *(freeze leftovers)*

A	Green chilies	1-4 oz can
D	Sliced black olives	1-2.25 oz can
A	Tomato paste	1-6 oz can
A	Vegetable broth	½ cup

#### Condiments

B	Guacamole	2 oz (or ¼ avocado)
B,E	Hot sauce	optional
D	Hummus	6 tbsp
C	Pineapple salsa	4 oz (½ cup)
E	Salsa	2 oz (¼ cup)

#### Dried Spices & Herbs:

chili powder, ground cinnamon, ground cumin, pumpkin pie spice

#### Baking & Sweeteners:

Y	Baking powder	¼ tsp
Z,Y	Brown sugar	2½ tbsp
Y	Pure maple syrup	1 tbsp
Z	Unsweetened applesauce	¼ cup
X	Vanilla extract (optional)	¼ tsp
Y	White WW flour (or GF blend)	3 tbsp

#### Dried Fruit, Nuts, etc.

X	Dates	1 to 2
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#### Allergy-Free Shopping List Adaptations:

**\*\*Gluten-Free Note:** 1 tortilla = 2 slices of bread or 2 corn tortillas. You can also use ½ cup cooked quinoa or crackers to replace 1 tortilla/2 slices bread. Mix and match as desired!

#### \*Lower Fat:

**Remove:** guacamole/avocado; olives

**Add:** 4 oz corn (⅔ cup)

## Sides

½ apple (leftover)  
¼ cup blueberries (1.25 oz, fresh or frozen)  
crackers (240 calories worth)  
1 orange  
1 cup strawberries (5 oz, fresh or frozen)

## Additional Snacks & Desserts

(not included in above list but included in 1,200 calories budget – or choose your own!)

½ cup applesauce (4.25 oz)  
1 banana  
¾ cup blueberries (3.75 oz, fresh or frozen)  
2 carrots (5.5 oz)  
1 cup strawberries (5 oz, fresh or frozen)

# Make Ahead Prep Sheet

Individual Plan | 3-Day Sample

## Freeze Ahead

Ingredient	Method/Time	Meal
1 banana	Freeze ahead	X

## Baking Ahead

Ingredient	Method/Time	Meal
Pumpkin Muffin (see recipe)	15-18 minutes @ 350F	Y

## Potatoes & Grains & Pasta

Ingredient	Method/Time	Meal
¼ cup brown rice	40-50 minutes	E
¼ cup quinoa	15 minutes	C
1 sweet potato	Bake, boil, steam or microwave, then dice	B

## Cooking Order

While one meal simmers or bakes, start on the next one!

1)	Easy Beans & Rice <b>E</b>	3)	Pumpkin Chili <b>A</b>		
2)	Pumpkin Muffin <b>Y</b>	4)	Caribbean Black Bean Bowl <b>C</b>		
5)	Hummus & Olive Wraps (store components separately) <b>D</b>				

## Ingredient Prep

**Meal E** Easy Beans & Rice

Ingredient	Method
2 green onions	Sliced
1 tomato	Diced

**Meal A** Pumpkin Chili

4 garlic cloves	Minced
1 small onion	Diced

**Meal C** Caribbean Black Bean Bowl

Ingredient	Method
2 cups kale	De-stemmed & chopped

**Meal D** Hummus & Olive Wraps

3 tbsp olives	Sliced
1 tomato	Sliced

## Lunch Recipes

**MEAL A**

**Pumpkin Chili** | serves 2 (GF)(LF)(SF)

1 small onion, diced  
4 garlic cloves, minced  
1 tbsp chili powder  
1 tsp ground cumin  
½ cup vegetable broth  
½ cup pure pumpkin (canned)  
¼ cup green chilies (canned)  
2 tbsp tomato paste  
15 oz can kidney beans, drained & rinsed (or black beans)

Line a skillet with a thin layer of water and sauté onions and garlic until onions are translucent, about 2-3 minutes. Add chili powder and cumin, stirring to coat onions, and continue to cook until all liquid has cooked off. Add broth, pumpkin, green chilies and tomato paste, stirring to combine. Add beans and stir. Reduce heat to low and cook until beans are warm. Taste, adding salt and pepper if desired. If it's too thick, thin out with water or vegetable broth.

*Per serving: 262 calories, 1.5g fat, 48.4g carbohydrates, 22.5g fiber, 6g sugars, 18g protein*

**Add-on:** Add a side of broccoli.

**Prep:** Make ahead.

**MEAL B**

**Sweet Potato Tacos** | serves 1 (GF)(LF)\*(SF)

1 sweet potato

¼ cup black beans (cooked or canned)  
2 oz guacamole (or ¼ avocado)  
1 green onion, sliced  
2 corn tortillas  
¼ cup corn (thawed, if frozen)  
hot sauce (optional)  
lime juice (optional)

Bake, boil, steam or microwave sweet potato, then dice. Place sweet potato pieces in corn tortillas and top with black beans, guacamole, hot sauce as desired and green onions. You can also add corn to the tacos or eat it on the side (I like to add a little lime juice and hot sauce to my corn).

*Per serving: 387 calories, 10.7g fat, 67g carbohydrates, 13.3g fiber, 10.8g sugars, 11.2g protein*

**Lower Fat:** Omit guacamole; add ¾ cup corn on the side.

**Add-on:** Add a side of brown rice.

**Prep:** Make potato ahead.

## Dinner Recipes

### MEAL C

**Caribbean Black Bean Bowl** | serves 1 (GF)(LF)(SF)

¼ cup quinoa (uncooked)  
¾ cup black beans (cooked or canned)  
2 cups kale, de-stemmed & chopped  
½ cup pineapple salsa

In a saucepan combine quinoa with ½ cup water, cover and bring to a boil. Once boiling, reduce to low and simmer until water has absorbed and quinoa is fluffy, about 15 minutes. Just as quinoa finishes, add a light splash of water or vegetable broth (just a touch) and kale, and stir constantly until kale turns bright green and softens, or until the kale is as tender as you like. Stir in black beans, and top with pineapple salsa. *Per serving: 414 calories, 5g fat, 74.1g carbohydrates, 16.6g fiber, 4g sugars, 22.6g protein*

**Add-on:** Add more quinoa or veggies.

**Prep:** Make ahead.

### MEAL D

**Hummus & Olive Wraps** | serves 1 (GF)\*(LF)\*(SF)

1 whole-wheat or brown rice tortilla (or 4 corn tortillas)  
6 tbsp hummus (heaping ⅓ cup)  
3 cups spring mix (or other salad green)  
3 tbsp olives, sliced  
1 tomato, sliced

Smear hummus along inside of tortilla. Add greens, olives, tomatoes and roll up.

*Per serving: 409 calories, 13.9g fat, 52.1g carbohydrates, 14.6g fiber, 2.8g sugars, 15.4g protein*

**Lower Fat:** Omit olives.

**Add-on:** Add more olives or a side of cooked grains.

**Prep:** Store components separately.

## MEAL E

**Easy Beans & Rice** | serves 1 (GF)(LF)(SF)

¼ cup brown rice (uncooked)  
¾ cup black beans (cooked or canned)  
1 tomato, diced  
2 green onions, sliced  
fresh cilantro (optional)  
¼ cup corn (thawed, if frozen)  
¼ cup salsa (regular or flavored i.e. peach salsa)  
fresh lime juice  
hot sauce (optional)

Combine rice with ½ cup water or broth, cover and bring to a boil. Once boiling, reduce to low and simmer until fluffy and cooked, about 45 minutes. Once cooked, mix with beans, tomato, green onions, cilantro (if using) and corn. Top with salsa, hot sauce and lime juice as desired. *Per serving: 414 calories, 2.5g fat, 82.3g carbohydrates, 13.3g fiber, 5.9g sugars, 17.5g protein*

**Add-on:** Add avocado/guacamole or veggies.

**Prep:** Make ahead.

# Breakfast Recipes (Optional)

## MEAL Z

**Apple Pie Oatmeal** | serves 1 (GF)(LF)(SF)

½ apple, diced  
½ cup rolled oats (uncooked)  
ground cinnamon  
¼ cup unsweetened applesauce  
1½ tbsp brown sugar (or 1 tbsp pure maple syrup)

Line a skillet with a thin layer of water and sauté apples for a minute or two, until they start to soften. Add oats plus ¾ cup water (you can add more water if you like your oatmeal to be more soupy) and continue to cook, stirring to incorporate until you have oatmeal, adding as much ground cinnamon as you like. Stir in applesauce, then top with brown sugar (or maple syrup) and a dash more cinnamon. *Per serving: 281 calories, 2.9g fat, 60.9g carbohydrates, 7.3g fiber, 29.1g sugars, 5.8g protein*

**Add-on:** Add raisins.

**Prep:** Make to order.

## MEAL Y

**Pumpkin Muffin** | serves 1 (GF)\*(LF)(SF)

1 tbsp unsweetened almond milk  
1 tbsp brown sugar  
1 tbsp pure maple syrup  
2 tbsp pure pumpkin (canned)  
½ tsp pumpkin pie spice  
¼ tsp baking powder  
3 tbsp white whole-wheat flour (or GF blend)

Preheat oven or toaster oven to 350F. Grease a single muffin cup or place a paper liner in a metal measuring cup. In a small bowl, whisk dry ingredients together (flour, baking powder, pumpkin pie spice) then add remaining ingredients. Stir until combined, adding a little extra nondairy milk if necessary. Gently spoon into muffin cup and bake 15-18 minutes, until firm to the touch and a toothpick inserted in the center comes out clean. *Per serving: 189 calories, 0.7g fat, 43.9g carbohydrates, 1.7g fiber, 21.8g sugars, 2.9g protein*

**Add-on:** Add a side of fruit.

**Prep:** Make ahead.

**MEAL X**

**Caramel Cream Smoothie** | serves 1 (GF)(LF)(SF)

- 1 banana, frozen
- 1 cup unsweetened almond milk
- 1-2 dates (or ¼-½ tsp agave or maple syrup)
- ¼ tsp vanilla extract (optional)
- ¼-½ tsp ground cinnamon (optional)

Place all ingredients in a blender and whiz until smooth. For best results, soak dates in hot water first to soften them up a bit for best blending. Add extract and/or cinnamon, as desired. *Per smoothie: 174 calories, 3.4g fat, 36.2g carbohydrates, 5.3g fiber, 19.8g sugars, 2.5g protein*

**Add-on:** Add a side sweet potato or rice cakes.

**Prep:** Freeze banana ahead.

**Sample 3-Day Family Meal Plan**  
www.getmealplans.com

	Meal A	Meal B	Meal C
Dinner	Portobello Steak Tacos	Multi-Veggie Minestrone Soup	Caribbean Quinoa Bowl

*\*\*We also include bonus breakfast and lunch recipes with each family meal plan.\*\**

**Make Ahead Prep Sheet**  
Family Plan | 3-Day Sample

**Potatoes & Grains & Pasta**

Ingredient	Method/Time	Meal
½ cup quinoa	15 minutes	C
8 oz elbow or shell pasta	7-15 minutes	B

**Cooking Order**

*While one meal simmers or bakes, start on the next one!*

1)	Multi-Vegetable Minestrone Soup <b>B</b>
2)	Portobello Steak Tacos (store components separately) <b>A</b>



3)	Caribbean Quinoa Bowl (add guacamole/avocado just before serving) <b>C</b>
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## Ingredient Prep

**Total diced onions:** 2 yellow or white; ½ red    **Total minced garlic cloves:** 8

### Meal B Multi-Vegetable Minestrone Soup

Ingredient	Method
Basil (opt.)	Chopped
2½ cups butternut squash	Peeled & diced
3 carrots	Diced
3 celery ribs	Diced
4 garlic cloves	Minced
1 large onion	Diced

### Meal A Portobello Steak Tacos

Ingredient	Method
4 garlic cloves	Minced
1 small onion	Diced

### Meal C Caribbean Quinoa Bowl

Ingredient	Method
1 bunch kale	De-stemmed & chopped
½ red onion	Diced

## Family Shopping List

### Grains & Lentils (all uncooked)

Meal #	Ingredient	Amount
C	Quinoa	½ cup
B	Whole-wheat pasta or brown rice pasta (GF)	8 oz

### Tortillas & Bread (freeze leftovers)

A	Corn tortillas	8
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### Produce – Fresh

B	Butternut squash	1 ¼ lbs
B	Carrots	3
B	Celery	3 ribs
A,B	Garlic	1 head
C	Limes	1 to 2
C	Onion (red)	½
A,B	Onion (yellow or white)	1 small, 1 large
A	Portobello mushrooms	4
A	Tomatoes	4

### Produce – Greens

C	Kale	1 bunch
A	Shredded lettuce	1 head (4 cups)
B	Spinach	8 oz

### Fresh Herbs

B	Basil	optional
A	Cilantro	optional
B	Thyme	2 tsp

### Produce – Fresh or Frozen

A	Corn	7.5 oz (1½ cups)
C	Pineapple	10 oz (2 cups)

### Canned Goods (15 oz cans)

C	Black beans	1 can
B	Diced tomatoes	2 cans (or 28 oz can)
B	White beans	1 can

### Other Items (freeze leftovers)

B	Vegetable broth	2 quarts
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### Condiments

A,C	Guacamole	16 oz (or 2 avocados)
A	Hot sauce	optional

C	Tropical salsa	3 cups
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### Dried Spices & Herbs:

1 bay leaf, dried basil, dried chives (optional), dried thyme

### Soy Sauce, Vinegar, etc.

A	Balsamic vinegar	6 tbsp
B	Dry white wine	½ cup (opt.)
A	Mirin, sherry, or wine	2 tbsp

**\*\*GF Note:** 1 tortilla = 2 slices of bread or 2 corn tortillas. You can also use ½ cup cooked quinoa or crackers to replace 1 tortilla/2 slices bread. OR serve over a baked potato.

### \*Lower Fat:

**Remove:** guacamole/avocado

**Add:** 13.75 oz corn (2½ cups); 15 oz can black beans

## Family Dinner Recipes

### MEAL A

**Portobello Steak Tacos** | serves 4 (GF)(LF)\*(SF)

4 Portobello Steaks, sliced into strips

8 corn tortillas

4 cups shredded lettuce (or red cabbage, sliced thin)

4 tomatoes, diced (or salsa)

1½ cups corn (thawed, if frozen)

8 oz guacamole (or 1 avocado)

hot sauce (optional) fresh cilantro (optional)

Place Portobello Steak strips into tortillas, and top with remaining ingredients. Garnish with hot sauce and/or cilantro, if desired.

*Per serving: 408 calories, 11.9g fat, 70.5g carbohydrates, 12.4g fiber, 9.6g sugars, 12.8g protein*

**Lower Fat:** Replace guacamole with 2½ cups corn.

**Add-on:** Add a side of brown rice.

**Prep:** Store components separately.

**Portobello Steaks** | serves 4 (GF)(LF)(SF)

4 portobello mushrooms, stems removed

1 small onion, minced

2 garlic cloves, minced

2 cups No-Beef Broth (or water)  
6 tbsp balsamic vinegar  
2 tbsp mirin, sherry or white wine  
2 tsp dried thyme  
2 tsp dried chives (optional)  
1 tsp dried basil

Line a large frying pan with a thin layer of broth. Remove stems from mushroom and set aside. Add onion and garlic and cook for 2 minutes over high heat. Add remaining ingredients, except for the mushrooms, and turn to medium. Add mushrooms, cover and cook for five minutes. Gently flip mushrooms over and cook for 5 minutes more, adding more broth as needed to prevent sticking or burning (you may need to do this in two batches). Sprinkle a little salt over top and drizzle with leftover juices.

*Per mushroom: 51 calories, 0.3g fat, 8.6g carbohydrates, 2.2g fiber, 3g sugars, 3.2g protein*

**Chef's Note:** There's a No-Beef Broth recipe in the first 4 Happy Herbivore cookbooks.

## MEAL B

### Multi-Vegetable Minestrone Soup | serves 4 (GF)\*(LF)(SF)

8 oz whole-wheat or brown rice elbow or shell pasta (uncooked)

1 large onion, diced

3 carrots, diced

3 celery ribs, diced

4 garlic cloves, minced

2½ cups diced butternut squash (or sweet potato)

2 tsp fresh thyme leaves

28 oz can diced tomatoes, undrained

6-8 cups vegetable broth

1 bay leaf

15 oz can white beans, drained & rinsed

8 oz fresh spinach (or kale)

½ cup dry white wine (optional)

fresh chopped basil (optional)

Cook pasta according to package instructions; drain and rinse under cold water. Line a large pot with a thin layer of broth and sauté onion, carrot, celery, garlic, squash and thyme until vegetables begin to soften, about 8-10 minutes. (Add splashes of broth as necessary to prevent drying out, sticking or burning). Add tomatoes (with juices), 6 cups broth and bay leaf. Cover and bring to a boil. Reduce heat to low and simmer until vegetables are tender, about 30 minutes. If it's too thick, add more broth to thin it out. Remove bay leaf, add beans and cook for a few more minutes to warm beans. Season with salt and pepper. Just before serving, add spinach, stirring so it incorporates and cooks down. (If making ahead, do not add spinach until soup has reheated). Add cooked pasta and wine (if using), stirring to combine. Season with salt and pepper again, if necessary. Garnish with fresh chopped basil, if desired.

*Per serving: 409 calories, 2.2g fat, 83.5g carbohydrates, 13.9g fiber, 12.5g sugars, 17.8g protein*

**Add-on:** Add a side of cooked grains or crackers.

**Prep:** Make ahead.

## MEAL C

### Caribbean Quinoa Bowl | serves 4 (GF)(LF)\*(SF)

½ cup quinoa (uncooked)

1 bunch kale, de-stemmed & chopped

15 oz can black beans, drained & rinsed

½ red onion, diced or green onions (whatever you have)

1-2 limes (juice)

2 cups pineapple (or mango)

3 cups tropical salsa (i.e. mango salsa or pineapple salsa)

8 oz guacamole (or 1 avocado, diced)

In a small saucepan, combine quinoa with 1 cup water or broth. Cover and bring to a boil. Once boiling reduce to low and simmer until quinoa is fluffy and liquid has evaporated, about 15 minutes. Steam kale. Top kale with quinoa, beans, onion, lime juice, fruit, salsa and avocado.

*Per serving: 416 calories, 10.8g fat, 70.5g carbohydrates, 17.2g fiber, 14.6g sugars, 18g protein*

**Lower Fat:** Replace guacamole/avocado with another 15 oz can black beans.

**Suggested side:** Sweet potatoes.

**Prep:** Make ahead; add guacamole just before serving.

## FREQUENTLY ASKED QUESTIONS

1. Are “optional” ingredients included in the nutritional analysis? You'll need to add those additional values.
2. What do the (GF)(LF)(SF) icons means? GF stands for gluten-free, LF stands for low-fat, and SF stands for soy-free for our members with special dietary needs.
3. Can I make substitutions? Absolutely!
4. What kind of bread/pasta/hummus/etc. should I buy? We recommend purchasing either 100% whole-wheat or brown rice (for a gluten-free option) pasta and grain products. Also look for products that are oil-free. This [Guide](#) has a long list of brands.
5. What are my options for purchasing the meal plans? We offer premium monthly memberships for \$18.99/month which gives you access to **both** the individual and family plans. New plans are sent directly to your inbox every Wednesday. We also offer one-time purchases of either plan for \$7 each. Visit [www.getmealplans.com](http://www.getmealplans.com) or contact [support@getmealplans.com](mailto:support@getmealplans.com) for more info.
1. 6. What about couples? We recommend couples use the family plan. Since each meal serves 4, you have leftovers for lunch the next day.
7. Does the family plan include any breakfast or lunch recipes? Yes! We offer at least two bonus breakfast recipes and two bonus lunch recipes each week. :)

**Disclaimer:** This plan is not intended to be a substitute for professional medical advice. Users should seek their own professional counsel for any medical condition or before starting or altering any exercise or diet plan. It is your responsibility to know your health and nutritional needs. We are not doctors or nutritionists. Nutritional analysis and calories are calculated via [www.caloriecount.com](http://www.caloriecount.com).